

SPRING VALLEY RECREATION

A C T I V I T Y & P R O G R A M G U I D E



Parks
Make
Life
Better!



DIRECTOR'S MESSAGE

The motto at the Spring Valley Community Center is **people, parks and programs** and we are fully committed to making a difference in people's lives by offering a wide variety of programs and activities for people of all ages. We are thankful that we have strong volunteers and partners who support our efforts to make further progress toward our highest aspirations for the Spring Valley community.

It is a joyful opportunity during the holiday season to express our deepest gratitude to each of you for your enduring support. On behalf of the staff at the Spring Valley Community Center, I wish you much happiness, good health and good fortune for this New Year, 2013.

Renell Nailon
Community Center Director

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SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard
Spring Valley, CA 91977

619-479-1832 office
619-479-1883 fax

HOURS OF OPERATION

Monday – 9:00 am – 4:00 pm
Tuesday – Thursday – 10:00 am – 8:00 pm
Friday – 9:00 am – 5:00 pm
Saturday & Sunday closed for private events

HOLIDAY CLOSURES

The Spring Valley Community Center, Spring Valley Gym and the Rec Club will be closed in observance of the following holidays:

January 21, 2013 Martin Luther King Day
February 18, 2013 President's Day
April 1, 2013 Cesar Chavez Day
May 27, 2013 Memorial Day

ONLINE REGISTRATION

www.sdparks.org

SPRING VALLEY GYM

838 Kempton Street
Spring Valley, CA 91977
619-667-6833

HOURS OF OPERATION

Monday – Friday 10:00 am - 6:00 pm

REC CLUB

838 Kempton Street
Spring Valley, CA 91977
619-667-6835

HOURS OF OPERATION

Monday, Wednesday, Thursday, and Friday
2:30 pm – 6:30 pm
Tuesday, 1:00 pm - 5:00 pm



SPECIAL EVENTS

BREAKFAST WITH THE BUNNY

Date *Saturday, March 30*
Time *7:30 am – 9:30 am*
Fee *\$5 12 & up,
 \$4 children under 12*

The entire family will enjoy a special visit from Spring Valley's festive "bunny." Breakfast includes pancakes, sausage, juice, coffee and milk, all served by the enthusiastic Kiwanis!

EGG HUNT

Date *Saturday, March 30*
Time *9:00 am, Sharp!*
Ages *2 - 10*
Fee *Free*
Picture taken with the Bunny \$5

Sponsored by: Spring Valley Booster Club, Join the festive Bunny for a free egg hunt for children ages 2-10. Pictures with the Bunny will be available for \$5.



EGG HUNT

SPRING CAMP

Date *Monday, March 25 –
 Friday, April 5*
Time *7:00 am – 6:00 pm*
Ages *5 – 14*
Fee *\$80 Per week, per child
 \$30 Daily rate*

Enjoy two weeks of fun during the holiday break. Spring camp consists of arts and crafts, science, sports and games, and other fun projects to fill the day. Day Camps fill up quickly, so register now to ensure you child's spot.

WEEK ONE

Date *Monday, March 25 –
 Friday, March 29*

WEEK TWO

Date *Monday, April 2 –
 Friday, April 5*
Fee *\$70 Per week, per child
 \$30 Daily rate
 No camp April 1*

IT'S HOW WE LIVE!

Date *Saturday, April 13*
Time *10:00 am – 2:00 pm*

Spring Valley is celebrating its 8th Annual "It's How We Live!" a health and wellness event that has a wide array of activities for the entire family; such as a rock climbing wall, astro jump, live entertainment, information booths, healthy food samples, health and dental screenings, prizes and giveaways.



IG READING & BOOK CLUB

INTERGENERATIONAL READING & BOOK CLUB

Date *Wednesdays, April 17
 – Thursdays, May 23*
Time *3:30 pm – 5:00 pm*
Grades *Kindergarten - 6th*
Fee *Free*

Students work with staff from UCSD to improve their reading skills. The program is designed to make learning fun by offering opportunities to build confidence and self-esteem. This is a free event with free books for all!

DRAMA

Date *Wednesdays, January
 9 – February 27
 Wednesdays, April 17
 – June 5*
Time *7:00 pm – 8:00 pm*
Instructor *Carolyn Fisher*
Ages *10 & up*
Fee *\$60*

Students gain valuable confidence as they learn stage presence, proper enunciation, acting, storytelling, mime, team work and fun camaraderie. If your child loves make believe, this class is for them!

YOUTH ACTIVITIES

GYMNASTICS

Date *Wednesdays,*
January 9 – February 27
Wednesdays,
April 17 - June 5
Time 6:00 pm – 7:00 pm
Instructor Carolyn Fisher
Ages 8 & up (must show birth certificate to instructor-on first day)
Fee \$80

This gymnastics class provides a safe and energetic class learning everything from basic skills to challenging moves within each student's ability. Participants will perform warm ups, stretching and conditioning, fun games and races; including the use of bars and the vault.

GYMNASTICS

Date *Fridays,*
January 11 – March 1
Fridays,
April 12 - June 7
Time 4:00 pm – 5:00 pm
Instructor Carolyn Fisher
Ages 8 & up (must show birth certificate to instructor - on first day)
Fee \$80

This gymnastics class provides a safe and energetic class learning everything from basic skills to challenging moves within each student's ability. Participants will perform warm ups, stretching and conditioning, fun games and races, including the use of bars and the vault.



GYMNASTICS

PARENT & TOT - YOUNG TUMBLE

Date *Wednesdays,*
January 23 - March 20
Wednesdays,
April 17 - June 12
Time 5:00 pm – 5:35 pm
Instructor Robin Wilkes
Ages 1.5 - 4
Fee \$77

A parent involvement class where children will have a great time while developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachutes, obstacles, beanbags, music, sports, (example: T-ball) etc. Basic animal walks and tumbling skills will be introduced. Instructor will help with advanced tumbling skills for the children that are ready. This class is taught in bare feet.

BEGINNING - TENNIS

Date *Saturdays,*
January 12 – March 2
Saturdays,
April 13 - June 1
Time 10:00 am – 11:00 am
Instructor Lois Szczepaniak
Ages 7-11
Fee \$57

Class is designed to teach and enhance the basic skills of tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water for hydration.

INTERMEDIATE TENNIS

Date *Saturdays,*
January 12 – March 2
Saturdays,
April 13 - June 1
Time 9:00 am – 10:00 am
Instructor Lois Szczepaniak
Ages 12 & up
Fee \$57

Class is designed to teach and enhance the basic skills of tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water for hydration.

SELF DEFENSE

AMERICA'S YOUTH KARATE

Date *Tuesdays,*
January 15 – March 26
Tuesdays,
April 2 – June 11
Time 5:00 pm – 8:00 pm
Instructor Matt Armstrong
Ages 4 & up
Fee \$7 per week, pay weekly
Family discount 2 kids \$6 each,
3 kids \$5 each



This program is designed to promote a higher level of self confidence, improve self esteem, discipline, concentration and physical fitness! For additional information, please call (619) 282-3066 or visit us at www.ayop.org.



KARATE



BODY BY DISCIPLINE

BODY BY DISCIPLINE INTERGENERATIONAL FITNESS - YOUTH & ADULT

Date *Wednesdays and Saturdays,*
January 2 - June 15
(ongoing on a monthly basis)
Time 7:00 pm – 8:00 pm Wednesdays
9:00 am – 10:00 am Saturdays
Instructor Body by Discipline
Ages 7 & up
Fee \$40

This class is filled with boxing, kickboxing and overall fitness exercises! Expect a workout with strength and conditioning drills, guaranteed to improve your stamina and increase your speed while learning correct powerful punches and kicks. Students end each class with a sense of pride and accomplishment. Bring your boxing gloves.

ULTIMATE FITNESS

Date *Tuesdays, January 8 – February 26*
Tuesdays, April 9 – May 28
Time 6:00 pm – 7:00 pm
Instructor Tamra Herb
Ages 15 & up
Fee \$56

This all over conditioning class will define and refine your whole body! By using your own body weight, weights, bands and balls, this high-energy, time-efficient strength and conditioning class is guaranteed to sculpt your whole body! Please bring a yoga mat and water bottle.

YOUTH & ADULT DANCE

BEGINNING BALLET FOLKLORICO

Date	Thursdays, January 3 - February 28 (ongoing) Thursdays, March 7 - April 25 (ongoing) Thursdays, May 2 - June 27 (ongoing)
Time	5:30 pm - 6:15 pm
Instructor	Kathy Villalobos
Ages	3 & up
Fee	\$57

Ballet Folklorico is a true cultural dance experience for all ages, and open to males and females. Students have many performances throughout the year.

ADVANCED BALLET FOLKLORICO

Date	Thursdays, January 3 - February 28 (ongoing) Thursdays, March 7 - April 25 (ongoing) Thursdays, May 2 - June 27 (ongoing)
Time	6:15 pm - 7:00 pm
Instructor	Kathy Villalobos
Ages	5 & up
Fee	\$57

Ballet Folklorico is a true cultural dance experience for all ages, males and females. Students have many performances throughout the year.

DANCE SAMPLER & TUMBLE

Date	Wednesday, January 23 - March 20 Wednesday, April 17 - June 12
Time	6:25 pm - 7:05 pm
Instructor	Robin Wilkes
Ages	6-10
Fee	\$77

Introduce your children to music and movement in a variety of classes including tap, ballet (mostly jazz) and beginning tumbling skills. Develop coordination and rhythm. Tap or hard soled shoes required; bare feet for ballet and tumble. Students only in the classroom.

* Rehearsal for the fair will take place the last day of class.



BALLET FOLKLORICO

YOUNG DANCE SAMPLER & TUMBLE

Date	Wednesday, January 23 - March 20 Wednesday, April 17 - June 12
Time	5:45 pm - 6:20 pm
Instructor	Robin Wilkes
Ages	3-5
Fee	\$77

Class includes music and movement in a variety of classes that teach tap, ballet and tumbling skills to develop coordination and rhythm. Tap or hard soled shoes required; bare feet for ballet and tumble. Students only in the classroom.

* Rehearsal for the fair will take place the last day of class.

*Dancers must participate in both Winter & Spring sessions if they wish to perform at the San Diego County Fair. We will also be working on dances to prepare for a June performance. There will be no performance for the Winter session. A registration and costume fee of \$30-\$45, separate from the enrollment cost will be charged for the fair, paid to the instructor.



SCHOOL AGED HIP HOP

SCHOOL AGED HIP HOP

Date *Thursdays, January 10 – February 28*
 Thursdays, April 11 - May 30
Time 5:00 pm - 6:00 pm
Instructor Terrilynette Minor
Ages 6 & up
Fee \$65

Have some fun dancing to your favorite hip hop music all while learning the latest age appropriate hip hop moves! This class is full of energy and a lot of fun! There will also be a final performance at the last class.

ZUMBA WITH MARISOL

Date *Mondays, January 7 - February 25*
 Mondays, April 8 - June 3
 No class May 27
Time 7:00 pm – 8:00 pm
Instructor Marisol Cortez
Ages 12 & up
Fee \$36

Feel the music, feel the fitness!



ZUMBA FITNESS



ZUMBA

ZUMBA FITNESS

Date *Thursdays, January 10 – February 28*
 Thursdays, April 11 - May 30
Time 7:00 pm - 8:00 pm
Instructor JoAnn Rochau
Ages 12 & up
Fee \$30

Zumba will bring the best of two worlds into a fun and easy to follow activity that everyone can enjoy. No dancing experience is required! With Zumba, dancing and fitness are infused so that everyone can enjoy dancing while getting fit! Let's ditch the workout and enjoy the party.

LIFE LONG LEARNING

COX TECH CENTER – (COMPUTER LAB) BASIC BEGINNERS

Date *Thursdays, January 10 – February 28*
Time 11:00 am – 12:00 pm - Instruction Time
 12:00 pm – 1:00 pm - Open Lab
Instructors Roger & Sandy Dawson
Ages 18 & up
Fee FREE!
Class Limit 8 maximum

This course is designed to teach the basic skills of how to use a computer. The course covers basic hardware and software for the most recent Windows operating system. Objectives of the class include getting started, navigating the desktop, mouse and cursor maneuvers, keyboard and special keys, and navigating the Internet. Students must sign up to attend and will not be allowed to enroll after week two.

COX TECH CENTER – (COMPUTER LAB) FRIDAY COMPUTER FUN

Date *Fridays, January 11 - March 1*
Time 11:00 am – 12:00 pm - Instruction Time
 12:00 pm – 1:00 pm - Open Lab
Instructors Roger & Sandy Dawson
Ages 18 & up
Fee FREE!
Class Limit 8 maximum

This course covers various computer topics. Each session will be two weeks long. Topics will cover key boarding, working with pictures, Microsoft Excel, and building data files, Microsoft PowerPoint and inserting your pictures in a fun format.

COX TECH CENTER – (COMPUTER LAB) INTERMEDIATE

Date *Thursdays, April 11 - May 30*
Time 11:00 am – 12:00 pm - Instruction Time
 12:00 pm – 1:00 pm - Open Lab
Instructors Roger & Sandy Dawson
Ages 18 & up
Fee FREE!
Class Limit 8 maximum

The course covers basic hardware and software for the most recent Windows operating system. Objectives of the class include getting started, navigating the desktop, mouse and cursor maneuvers, keyboard and special keys, and navigating the Internet. Students must sign up to attend and will not be allowed to enroll after week two.

COX TECH CENTER – (COMPUTER LAB) FRIDAY COMPUTER FUN

Date *Fridays, April 12 - May 31*
Time 11:00 am – 12:00 pm - Instruction Time
 12:00 – 1:00 pm - Open Lab
Instructors Roger & Sandy Dawson
Ages 18 & up
Fee FREE!
Class Limit 8 maximum

This course covers various computer topics. Each session will be two weeks long. Topics will cover key boarding, working with pictures, Microsoft Excel, and building data files, Microsoft PowerPoint and inserting your pictures in a fun format.

COX TECH CENTER - (COMPUTER LAB) BEGINNING MICROSOFT WORD 2010 - QUICK COURSE

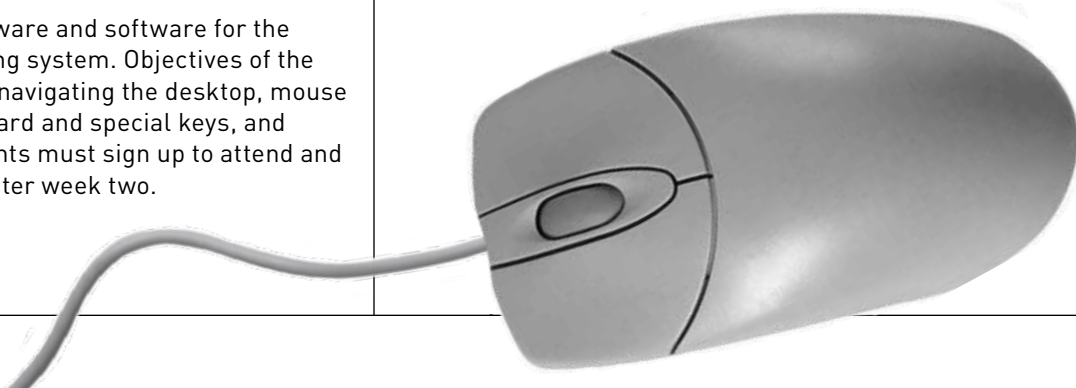
Date *Wednesdays, January 9 - February 27*
Time 6:00 pm – 7:00 pm
Instructor Annette Charleston
Ages 18 & up
Fee \$10
Class Limit 8 maximum

This is a quick course in Microsoft Word 2010 designed to familiarize beginning students with the basics of the program. This course includes such topics as creating documents, formatting text, copying and pasting text, and word tips and tricks.

COX TECH CENTER - (COMPUTER LAB) INTERMEDIATE MICROSOFT WORD 2010 - QUICK COURSE

Date *Wednesdays, March 13 - May 1*
Time 6:00 pm – 7:00 pm
Instructor Annette Charleston
Ages 18 & up
Fee \$10
Class Limit 8 maximum

This is a quick course in Microsoft Word 2010 designed to familiarize beginning students with the basics of the program. This course includes such topics as applying headers and footers, using templates, inserting hyperlinks, and word tips and tricks.





DOG OBEDIENCE

DOG OBEDIENCE

Date	Saturdays, January 12 - February 16 Saturdays, April 13 - May 18
Time	9:00 am - 10:00 am
Instructor	Cindy D'Ambrosia of Castle Creek Kennels sponsored by Bahia del Sur Kennel Club
Fee	\$65

This six week class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed: choker, 6 ft. and 20 ft. leash. Must provide proof of current rabies and vaccination records for each dog.

ART OF QUILTING

Date	Tuesdays, January 8 - February 26 Tuesdays, April 9 - May 28
Time	4:00 pm - 6:00 pm
Instructor	Alma Brown
Ages	12 & up
Fee	\$65

This class is designed to teach the basic skills of making a quilt. Participants will learn basics of measuring fabrics, cutting with a rotary cutter, piecing and sewing fabrics to make a beautiful finished project. All participants must bring their own sewing machine and supplies. Come and enjoy the fun with us.

SENIOR PROGRAMS

CATERED ADULT LUNCHES

Date	Monday - Friday (ongoing)
Time	9:45 am - 1:00 pm
Fee	Suggested Donation of \$3.50 \$6.00 for ages under 60

Meet new friends from all walks of life. Join an active group of retired people for lunch - Monday through Friday. The meals served are complete and nutritionally balanced. All reservations must be made by 12:00pm at least 3 days in advance. For information or reservations, call (619) 337-1425, Monday through Friday.

MONDAY NIGHT BINGO

Day	Mondays (Excluding major holidays)
Doors Open	4:00 pm
Time	6:30 pm - 9:00 pm 10 Regular Games of Specials
Job	Pull Tabs CATERED Refreshments Door Prizes Patrolled Parking

Bingo profits allow us to offer programs such as camps, special events, senior activities, preschool and enrichment classes.

Present this coupon for

ONE FREE BINGO GAME
with purchase of One-Pack Buy In
FIRST TIME PLAYERS ONLY!!

VALID ANY MONDAY NIGHT
One coupon per player

No cash value

SENIOR PROGRAMS

BINGO

Date *Mondays & Thursdays (ongoing)*
Time **10:30 am**
Fee **Free**

Have some fun and enjoy a game of Bingo with friends! The ongoing game is available to all retired citizens.

BLOOD PRESSURE MONITORING

Date *2nd Monday and 4th Monday of each month (ongoing)*
Time **10:00 am**
Fee **Free**

Nursing aides will be on hand to take your blood pressure for regular maintenance, and assist in your healthy lifestyle goals.

LEGAL AID

Date *2nd Monday of each month (ongoing)*
Time **Call for an appointment**
Fee **Free**

Please call ahead of time to book your appointment at 619-447-7921.

SING-A-LONG

Date *Every Wednesday (ongoing)*
Time **10:30 am – 11:15 am**

Seniors enjoy a good tune and can appreciate an uplifting beat to put a smile on their face. Oldies tunes are a great choice and many Seniors will remember the words to the songs. This is a very entertaining and therapeutic class to get Seniors tapping their toes and enjoying the company of others.

VARIOUS ENTERTAINMENT AND SPEAKING ENGAGEMENTS

Date *Fridays (ongoing)*

Come as you are, and be a star! For speaking engagement information, please call (619) 337-1425.



SENIOR PROGRAM



SENIOR TRIP LAWRENCE WELK

GROUP TRIP TO THE FLOWER FIELDS

Date *Wednesday, March 13*
Time **10:00 am – 4:00 pm**
Fee **\$20**

Enjoy the beautiful Flower Fields in Carlsbad overlooking the Pacific Ocean among 50 acres of Giant Tecolote Ranunculus that transforms the landscape into a solid expanse of vibrant, bright color. Lunch is on your own at a nearby restaurant. Space fills quickly on a first come first serve basis.

GROUP TRIP TO SEE LAWRENCE WELK

Date *Wednesday, January 30*
Time **10:00 am – 4:00 pm**
Fee **\$60**

Lawrence Welk, America's favorite classic Broadway musical featuring "South Pacific" has been known to make grown men cry. Its lush music and mesmerizing plot addressing racial intolerance in the 1940's during war-time, is moving and melodic. Admission, transportation and brunch included.

SENIOR CORE CONDITIONING

Day *Tuesdays, January 8 - February 26*
Tuesdays, April 9 - May 28
Time **10:00 am - 10:45 am**
Instructor **Tamra Herb**
Ages **50 & up**
Fee **\$30**

This is a playful yet rewarding fitness class that includes a gentle blend of various exercises designed to improve flexibility, strength, balance, stamina and breathing exercises. You're guaranteed to feel like a kid again! The focus is on safety and injury prevention, while building overall fitness and strength. Please bring a yoga mat and water bottle.

RENTAL HALL FACILITY

SPRING VALLEY COMMUNITY CENTER

Weddings | Birthdays | Anniversaries | Banquets | Baby Showers | Baptisms

Room	Square Footage	Capacity	Private Function/ Commercial Users	Non-Profit Organization Schools/Ongoing Rentals	Refundable Deposit	Table & Chair Rental Fee
* Ketell Hall Fri, Sat, Sun Only	3952	250	\$500/4 hours \$90/each additional hour	\$400/4 hours \$80/each additional hour	\$300	\$50
Kitchen (flat rate)	n/a	n/a	\$105	n/a	n/a	n/a
* Olsen Room	1294	78	\$55/hour	\$40/hour	\$100	\$25
Patio Lounge	2300	160	\$30/hour	\$25/hour	n/a	n/a

Equipment Available: 25 Round Tables, 56 Long Tables, 317 Chairs, Ice, Easel, Screen, Stage, and Patio.

* 4 hour minimum, plus security.



RENTAL HALL FACILITY

SPRING VALLEY GYMNASIUM RENTAL

The Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30-days or more in advance to be considered. If you cancel within 30-days, your deposit is non-refundable. Give 1-2 days to process request. If you are renting for a tournament, a \$250 deposit is due immediately and balance is due by Friday at 5 pm before the tournament, along with a copy of your liability insurance.

Date	Usage	Price	Available Times
Mon. – Fri.	Half Gym (1 Court)	\$50/hour	3:30 pm – 9 pm (1 hour min)
Mon. – Fri.	Full Gym (2 Courts)	\$100/hour	3:30 pm – 9 pm (1 hour min)
Sat. – Sun.	Half Day (2 Courts)	\$400/day	8 am – 10 pm (4 hour min)
Sat. – Sun.	Full Day (2 Courts)	\$550/day	8 am – 10 pm (4 hour min)
Concession Fee	n/a	\$25/day	n/a



SPRING VALLEY GYMNASIUM

SPRING VALLEY GYM

838 Kempton Street
Spring Valley, CA 91777
(619) 667-6833

HOURS OF OPERATION

Monday – Friday, 10:00 am – 6:00 pm

MEN'S BASKETBALL LEAGUE

Date	Thursday Nights, starting in January
Game Time	6:00 pm, 7:00 pm, 8:00 pm and 9:00 pm on Full Court
Ages	18 & up
Fee	\$300 per team and \$24/ game/team for referees
Divisions	B and C
Season	8 games + playoffs

Come participate in the best men's basketball league offered in east county. Not only is the competition great, but we offer updating standings and personal stats updated weekly on our website

www.springvalleysports.com.

For more information call
619-667-6833.

ADULT COED 3 ON 3 BASKETBALL LEAGUE

Date	Sunday Nights starting in January
Time	5:00 pm, 6:00 pm and 7:00 pm on half court Best 3 games to 21 points
Ages	18 & up
Fee	\$225 per team and \$12/ game/team for referees
Season	8 games + playoffs

*Register your team at
www.springvalleysports.com



SPRING VALLEY GYM

ADULT COED 6 ON 6 VOLLEYBALL LEAGUE

Date	Sunday Nights starting in January
Time	6:00 pm, 7:00 pm, 8:00 pm and 9:00 pm Best 3 games to 25 points
Ages	18 & up
Fee	\$300 per team
Season	8 games + playoffs

*Register your team at
www.springvalleysports.com

YOUTH BASKETBALL LEAGUE

Dates	Saturday Games, Weekday Practices Practices begin in early June, Games begin in late June
Times	Practices after 5:00 pm Games 9:00 am - 2:00 pm
Ages	5-13
Fee	\$65 per child, 7 week season

Required Skills Assessment on
Saturday June 1st. Volunteer coaches
wanted! Registration deadline is
May 31st.

GYM OPEN PLAY

Time	Monday – Friday, 3:30 pm – 5:00 pm Sunday, 12:00 pm – 4:00 pm
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*Check our "Spring Valley
Recreation" Facebook page daily
for updated times.

YOUTH INDOOR SOCCER

Date	Saturday Games, Weekday practices Practices begin on March 25th Games begin on April 6th
Time	Practices after 5:00 pm Games 9:00 am - 2:00 pm
Ages	6-11
Fee	\$65 per child, 7 week session

*Required Skills Assessment on
Saturday March 16th. Volunteer coaches
wanted! Registration deadline is
March 15th.

SPRING SPORTS CAMP

Date	Monday - Friday, March 25- 29 Monday - Friday, April 1 - 5
Time	9:00 am - 1:00 pm
Ages	5 - 12
Fee	\$60 per child each session

Bring your child in for a fun and active
experience, where they can learn all
the fundamentals in a variety of sports
including: flag football, basketball,
soccer, volleyball and more!

SPORTS CONDITIONING

Date	Tuesdays and Fridays
Time	4:30 pm - 5:30 pm
Ages	13 & up
Fee	\$55 per month

Are you looking to improve your
quickness and agility? Do you want to
build your strength and increase your
vertical jump for basketball? Become
a well-rounded athlete by joining
this class.

SPRING VALLEY REC CLUB

8735 Jamacha Blvd
Spring Valley, CA 91777
619-667-6835

HOURS OF OPERATION

Day	Monday, Wednesday, Thursday, and Friday
Time	2:30 pm – 6:30 pm
Day	Tuesday
Time	1:00 pm – 5:00 pm
Ages	10 – 17 Free Teen Center
Cost	Free

The Spring Valley REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, and positive environment. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental object of the program is to succeed in life. Weekly activities include arts and crafts, homework assistance, leadership groups, team building initiatives, dance, fitness, cooking classes, guitar and DJ classes, a recording studio for music enthusiasts, and gardening instruction.

ABOUT ESA

Energy Saving Adventures is a program provided for teens to gain insight and vital information to take charge of our future in energy conservation. The weekly program goals are to inspire and empower youth to create change in the world around them. This is the new generation of "REC club unplugged".



SPRING VALLEY REC CLUB

ARTS & CRAFTS PROGRAMS

Discover creative ways to use materials that have been left by the way side. Your perception will change when you turn discarded items into new and innovative creations. Whether you are creating a work of art, refashioning an old item of clothing, or brainstorming a new invention, all projects will be focused towards inspiring conservation.

SCIENCE OF ENERGY ACTIVITIES

Get your hands dirty while creating your own eco system out of a two liter bottle or discover your inner engineer while wiring a solar powered racecar. The REC Club provides interpretive science programs that focus on the science of energy and how it relates to the natural world. Brace yourself for a variety of problem solving and critical thinking challenges.

RESOURCE ADVENTURES

The ESA room will be open for energy saving enjoyment. Challenge the staff at a board game or even a game of ultimate roshambo. All of the ESA resources will be available for you to explore the science of energy or learn about how you can bring conservation back to your own home. Check out what's new to the ESA space and what's to come in the future.

WATTS COOKING

Once a week, REC club participants will get a chance to learn how to prepare meals efficiently. Whether you are preparing a snack or an entire meal, participants will learn how to make the most efficient and nutritious food choices with available resources.

FITNESS ACTIVITIES & PHYSICAL CHALLENGES

Get your game on. Once a week the REC club hosts an exciting activity that helps teach teens about energy conservation. Tournaments will cross the spectrum from board games to sports leagues. Fitness activities and physical challenges will be geared toward both the charades master and the baseball buff, all the tournaments hold the ultimate goal of reducing energy usage during peak energy hours.



SPRING VALLEY REC CLUB

NEIGHBORHOOD PARKS

SWEETWATER SUMMIT REGIONAL PARK

Visitors to this Regional Park have quite a palette of activities to choose from. The summit site, atop a hill overlooking the Sweetwater Valley, offers modern campsites – including some with corrals for equestrians who want to bring their horses and explore 15-miles of trails in the area. The park has hundreds of acres of streamside vegetation, grassland, and open areas that provide a variety of habitats for hikers, horseback riders, and mountain bikers. For additional information or reservations, please visit www.sdparks.org or call 858-565-3600.

LAMAR COUNTY PARK

This 8 acre neighborhood park located in Spring Valley contains a playground for children ages 2 to 5, a pavilion, restroom, picnic tables, lawn areas, barbecues, and drinking fountains. Hours for the park are sunrise to sunset. Alcohol consumption is not permitted in the park at any time. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces, also known as bounce houses and bouncy castles, are not allowed in the park, nor is smoking, loud music, DJs, or overnight parking. For additional information, please visit www.sdparks.org or call 858-565-3600.

EUCALYPTUS COUNTY PARK

This 6 acre neighborhood park located in Spring Valley contains a playground, a pavilion, restroom, picnic tables, lawn areas, horseshoe pits, and drinking fountains. Hours for the park are sunrise to sunset.



SPRING VALLEY PARK PAVILION

Alcohol consumption is not permitted in the park at any time, nor is smoking, loud music, DJs, or overnight parking. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces, also known as bounce houses and bouncy castles, are allowed in the park with a permit. For additional information, please visit www.sdparks.org or call 858-565-3600.

SWEETWATER LANE SPORTS COMPLEX

This 11 acre sports complex located in Spring Valley is currently under construction until January 2013. This facility offers organized teams and individuals four synthetic softball/baseball fields/7 soccer fields, a playground, restroom, picnic tables, concession building, exercise stations, and drinking fountains. Hours for the park are 9:30 am to 10 pm. Alcohol consumption is not permitted in the park at any time. Reservations are required for organized groups. For additional information or reservations, please visit www.sdparks.org or call 858-565-3600.

GOODLAND ACRES COUNTY PARK

This 1.3 acre neighborhood park located in Spring Valley contains a playground, basketball court, restroom, picnic tables, lawn areas, and drinking fountain. Hours for the park are sunrise to sunset. Alcohol consumption is not permitted in the park at any time. Although no reservations are required at the park, the picnic and parking areas have limited capacities. Also, please be aware that moon bounces, also known as bounce houses and bouncy castles, are not allowed in the park, nor is smoking, loud music or DJs, or overnight parking. For additional information, please visit www.sdparks.org or call 858-565-3600.



GOODLAND ACRES COUNTY PARK



Spring Valley Recreation

The Spring Valley Community Activity and Program Guide is published three times a year.

Copies may be downloaded from www.sdparks.org.

Are you interested in receiving up to date information about the County of San Diego Department of Parks and Recreation parks programs or camping specials? To place yourself on our e-mail distribution list, please send a request and valid e-mail address to askparks.lue@sdcounty.ca.gov. Your personal information will not be shared or distributed to other organizations. Thank you for your interest in County parks and recreation programs.



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Brian Albright

Department of Parks and Recreation

5500 Overland Avenue, Suite 410
San Diego, California 92123
858-694-3030

SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Boulevard
Spring Valley, CA 91977

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